

**Senior Health and Wellness Meeting  
Meeting Notes  
March 1, 2011**

**Participants:** Myrna Cooperstein, Tammy Duell, Joe Petrizzo, Elizabeth Brooks-Evans, Sarah Gotbaum (guest), Matthew Kelleher (Montgomery County Fire and Rescue), Shawn Brennan.

Topic	Discussion Points	Decisions/follow-up
Introductions	The committee welcomed new COA members, Joe Petrizzo and Elizabeth Brooks-Evans, who attended the meeting.	
Healthy Montgomery (formerly CHIP) Update	The official <i>Healthy Montgomery</i> website launch took place in February. Encouraged committee members to view the site at <a href="http://www.healthymontgomery.org">www.healthymontgomery.org</a> . Community conversations, focus groups and surveys are planned throughout the County to gain additional, useful information to populate the site.	
End-of-Life Care Update	<p><b>End-of-Life Care Bill of Rights:</b> A meeting is planned with Dr. Tillman, Montgomery County, Chief Health Officer, to discuss approval of the End-of-Care Bill of Rights document for use in Montgomery County.</p> <p><b>First responder pilot project:</b> The Montgomery County Coalition on End-of-Life Care is working with Barbara Blaylock and others to develop a proposal for submission to the State that would allow first responders to determine at the scene whether or not resuscitation should be withheld when an individual is terminally ill and the caregiver at the scene reports that resuscitation is not desired.</p> <p><b>Medical Orders for Life Sustaining Treatment (MOLST) hearings:</b> MOLST testimony was heard in the Maryland House and Senate in February. On behalf of the COA, Tammy testified at the Senate hearing in support of MOLST.</p>	<p>Meeting scheduled on 3/22/2011. Judy Levy, Tammy Duell and Shawn Brennan to attend.</p> <p>Will monitor progress.</p> <p>MOLST passed in the House. Await Senate decision.</p>

	<p>Tammy thanked Jack Sprague for his support and assistance.</p> <p><b>National Decisions Day Event-“Consider the Conversation”:</b> The COA is co-sponsoring this event and all <i>COA members, liaisons, friends, family members, etc are encouraged to attend and invite others.</i> “The event hopes to inspire dialogue about end-of-life issues. The film’s producers show that end-of-life presents a rich opportunity for human development through interviews with patients, families, health care professionals, clergy and national experts.” Registration is not required. The event is free and includes light refreshments. There will be a screening of the film “Consider the Conversation” followed by panel presentations and open discussion. The event will be held at the new Silver Spring Civic Building at One Veteran’s Plaza on <b>April 7, 2011 from 6:30 p.m.-9:00 p.m.</b></p>	<p>The event flier can be accessed at the Montgomery County Coalition for End-of-Life Care at <a href="http://www.mccelc.org">www.mccelc.org</a> website. Additional information is available at <a href="http://www.considertheconversation.org">www.considertheconversation.org</a> and <a href="http://www.NationalHealthcareDecisionsDay.org">www.NationalHealthcareDecisionsDay.org</a>.</p>
Falls Prevention Proposal	<p>The Falls Prevention workgroup has been established and will meet in March.</p>	<p>Workgroup members: Elaine Binder, Myrna Copperstein, Judy Levy, Tammy Duell, Marcia Pruzan, Spence Schron, Steve Galen (Primary Care Coalition), Tom Nolan (Institute for Health Care Improvement), Shawn Brennan (Area Agency on Aging Health Promotion), Charles Smith (DHHS Evaluation and Planning), Odile Saddi (Area Agency on Aging) and Diane Zuspan (Montgomery County Fire and Rescue).</p>
Mental Health Issues	<p>The Health and Wellness Committee plans to learn more about and focus on mental health issues as they relate to seniors. A possible summer study on this topic was suggested as well as collaboration with the National Alliance for the Mentally Ill and County programs (crisis center, adult protective services, etc.)</p> <p>Preliminary concerns mentioned at the meeting included:</p>	<p>Sybil Greenhut and Bonnie Klem will present at the June committee meeting. They will discuss mental health services and issues in Montgomery County as they relate to seniors.</p>

	<ul style="list-style-type: none"> <li>• Clutter and hoarding</li> <li>• High suicide rates of older males</li> <li>• Lack of availability of mental health services</li> <li>• Primary care providers minimize mental health needs or do not address them at all/Lack of screening</li> <li>• Decrease in number of psychiatrists who are willing to accept Medicare as reimbursement</li> <li>• Difficulty finding placement for seniors with mental health issues including dementia.</li> </ul>	
Possible Summer Study Topics	Committee members will consider summer study topic ideas and discuss them in more detail at the April meeting. Three areas of possible focus were mentioned: Mental health, the impact of poverty on health and the effect of air pollution on heart health (there is some evidence that pollution leads to heart attacks).	
New Items		
Next Meeting	Tuesday, April 5, 2011	7300 Calhoun Place, Suite 600-Conference Room 6B